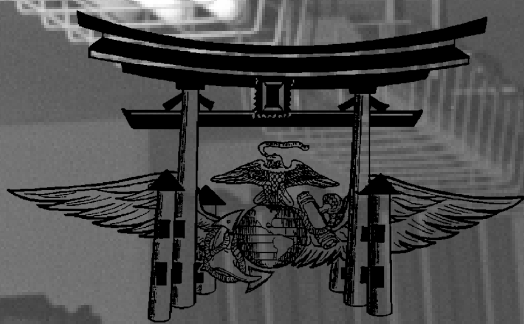


# Torii

Marine Corps Air Station  
Iwakuni, Japan



# Teller

Vol. 44 No. 31  
Aug. 13, 1999



**Website online**  
pg 9

# Hats off to the cooks at Operation Southern Frontier

Dear Editor,

OK, we all know cooks are up before the crack of dawn and don't get home until well after sunset, but the effort 11 Marines put forward for the Alaskan-based Operation Southern Frontier cannot go unmentioned.

I've been in the Marine Corps about 18 years and I've seen a mess of field chow — no pun intended. The chow there in the "boonies" of the Outback was like main-side chow on a Marine base — good.

Behind every good mission is a driving force. In this case the driving force is Sgt. Cocheta Cavers.

What we have here is a 22-year-old Marine with 3 1-2 years of service, hailing from Houston, Texas. With a crew of 11 highly-motivated, truly-dedicated, hard-core, born-again cooks and a Division Chief GySgt. Michael Sekeres of West Bend, Wis., set a new standard for eating out.

Cavers is a people person and a true leader of her troops. When asked how she gets her troops to perform, she stated "I love my crew. They trust me and my judgement in all cases, on and off work. Take care of your people and they will in turn take care of you."

This leader of Marines has taken the term "field mess" to a new level.

We had all types of meals: steak, lamb, fish, meatballs, Chili Mac (my favorite), cornbread and turkey that would have made any mom proud. We also had prawns larger than those served at Red Lobster, a pasta salad bar that stands heads and shoulders above the "Home Town Buffet," and breakfasts that would take Denny's off the map. Last but not least, they prepared desserts that made your mouth water before you ate the main course.

Our July 4 meal was prepared, displayed and tasted like the "meal of meals" (the Marine Corps birthday meal

served at one of San Diego's top 10 hotels).

So ask yourself "is this guy nuts or what? He's talking about Marine Corps chow." That's right!

Under a budget, orders and the pressure to please, Sekeres and his Cavers-lead crew took up the challenge of feeding more than 400 Marines with the help of loyal messmen (both men and women) of MALS-12 and VMFA(AW)-242.

Thanks to the cooks: Cpls. Pedro Posadas and Bernard Moran, LCpls. Bobby Love, Richard Kennedy, Brian Lynk, Shukri Abdul-Walee and Alitha Christmas, PFCs Charles Nnaji, Walrogen Estevez and John Alcid. Thanks is also given to the messmen: Sgt. David Chavarin, Cpls. Henry Gonzales and Justin Ballard; LCpls. Ramon Gomez, Robert Sitton III, Rosario Santimargo Jr, Melody Martin and Rachad Vasquez, for doing an awesome job and saving us from Meals Ready to Eat.

At last, with a wife of 14 years and three children, Sekeres, who started out as a bandsman playing the tuba and electric guitar states "I've been doing this for 17 years and this is the best crew I've ever had. I've been awaiting this operation for some time. Seeing our young Marines get more real and full experience is what I strive for. Because of outsourcing the Corps could lose 600 cooks, the best thing for our cooks to do is maintain and strengthen their knowledge and make themselves marketable.

So my hat's off to the cooks of MWSS-171 for making our Outback, kangaroo-watching, wallaby-jumping, cockatoo-flying, crocodile chopping experience a tasty one.

/s/ Belly Full

SSgt. Silvester Howard

VMFA(AW)-242 aircraft mechanic

## Our Cover



***Dottie Himes finds a spot to hang gear in the old Scuba Locker. A new facility is under construction and scheduled for completion by September. See Page 12 for more on the Scuba Locker. (photo by LCpl. Kurt N. Fredrickson)***

## Torii Teller

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253-5551 or 253-5554 (fax)

## News Briefs

### Voting Assistance

The Federal Voting Assistance Program works with the legislatures of the states and territories to further facilitate the electoral process and help citizens covered by the Uniform and Overseas Citizens Absentee Voting Act to exercise their right to vote.

As a reminder most states require a Federal Post Card Application to be submitted each calendar year. Check the 1998/1999 Voting Assistance Guide (available in a hard copy version or electronically at the FVAP website [www.fvap.gov](http://www.fvap.gov) for state and specific guidelines.

For a hard copy write to: Federal Voting Assistance Program Office of the Secretary of Defense, Washington Headquarters Services, 1155 Defense Pentagon, Washington, D.C. 20311-1155.

### Passport Information

The Legal Assistance Office reminds residents that for travel overseas, or for returning to the continental United States, station residents must have a valid passport. The passport must be carried and not packed in one's luggage.

Births abroad must be reported to the American Embassy, Tokyo, and an application for the child's passport must be submitted. If you have an expired passport or are pending a report of birth abroad, or don't possess required documents, visit the Legal Assistance Office or call 253-5591/5592.

### Pass and Registration

The Provost Marshal Offices' Pass and Registration Section has moved. Its new location is Bldg. 608, next to the Zero Hanger and behind its old location. They can be contacted at 253-3161.

# Cost sharing puts dollars back into Iwakuni's, Marine Corps' pockets

by SSgt. Michelle Smith  
Press Chief

"And make sure you turn in your utility receipts," does that sound familiar?

For accompanied service-members and government service employees

who reside off base and are in receipt of Overseas Housing Allowance or Living Quarters Allowance, it should.

In 1992, the Government of Japan began the Cost Sharing Program for U.S. military forces living in Japan. The Program reimburses the U.S. government for utility expenditures made by military and civilian personnel living off base. Utility expenditures include electricity, water, sewage service and city gas (propane), which is used for cooking and heating.

There is a limit to the reimbursement, however.

According to SSgt. Don Michne, comptroller chief, there is an upper limit to the amount that is reimbursed. The percent of the reimbursement is determined annually using a historical average.

"This makes it important that we conserve energy," said Michne. "Because the refund is based on a 3-year average, the air station may have one year when it breaks even and the next it may have to pay out of its pocket."

The single action of turning in utility receipts can put thousands of dollars back into the air station's money pool, which in turn allows the station to continue to fund housing allowances, Michne said.

The program runs all year, but the collection date for receipts is March 31 (the end of Japan's fiscal year). Stamped receipts are collected as part of a stipulation of the Japanese government.

"Receipts are collected by unit representatives and turned in to the

station's Comptroller Department," said Michne. "The stamp indicates the bill was paid. Each month the receipts are turned in to the Defense

Facility Administration Agency and a refund is remitted to the air station annually."

According to MCASO 7310.3 receipts should be

**The single action of turning in utility receipts can put thousands of dollars back into the air station's money pool.**

**SSgt. Don Michne**

turned in the month paid regardless of the month the service was provided. If the servicemember is on Temporary Additional Duty, leave, etc., the receipts should be submitted upon their return.

Stipulations are even made for lost receipts.

Lost receipts should be replaced by obtaining a duplicate from the utility company, the order reads. If a duplicate cannot be obtained, a statement will may be provided by the servicemember indicating name, grade, Social Security number, local address, utility company, consumption data and amount paid.

"The air station doesn't receive a refund for servicemembers, their portion of the refund is sent to their respective military pay appropriations," said Michne.

As simple as the program sounds, it's not working at its optimum.

"People just aren't turning in their receipts," said Yumiko Hamamura, H&HS administrative specialist and Cost Sharing Program representative.

"I send out reminder notices monthly informing residents of the receipts they had not yet turned in. At the end of the quarter there are always people who haven't turned in their receipts," she said.

In the era of business reform, budget cuts and reduced spending, it's the right thing to do. Station residents can all do their part by turning in their receipts if they reside off-base, and conserving energy if they live on-base.

# AWS added to command and staff distance education

by Cpl. Michael Wiener  
Torii Teller Staff

The Command and Staff Distance Education Program is gearing up to begin another semester, and Jim Hopkins, DE Pacific coordinator, spoke to Staff NCOs and Officers Aug. 6, about the program.

The weekly seminars, which begin in October, now include the Amphibious Warfare School. The DE program replaces the self-paced course for midgrade officers who are unable to attend the resident course in Quantico, Va.

"Anyone can opt to take the self-paced course," said Hopkins. "But, if you take it by yourself, you have a very low chance of getting through."

The first part of AWS is a self-study and is required before taking the seminar.

"The seminars are an enhancement to (professional military education). We're here to help you get through PME, not to be a speed bump and slow you down. We know how important it is to your careers," Hopkins said, addressing the Marines and Sailors.

One of the advantages the seminars have over the self-paced course, is personal experience shared by those attending.

"The best part is the discussions that come out," said Bill Horne, Iwakuni's seminar leader/instructor. "We have a wide variety of (military occupational specialties), and everyone has their own experiences that can help

others learn."

The courses given at MCAS Iwakuni adhere to the same schedule as courses around the Marine Corps, adding to the list of benefits.

"We'll have UDP squadrons coming from Beaufort who will be able to pick up with the seminars here, because the entire Marine Corps is on the same schedule," Horne said.

The long wait for scores after taking a test for the self-paced course is non-existent with the seminars.

"They'll know exactly how they did on their exams right away," Horne said. "I'll administer and grade them right here, and then get the scores back."

Iwakuni first began the DE program in January with the 8804-8809 series of the Command and Staff. The seminars dealt mainly with operational issues of the Marine Corps.

"Word of mouth has passed a lot about the program," said Horne, a retired Marine colonel who attended the resident school at Quantico in 1982-83. "We expect more people to attend this fall."

The mission of the Distance Education team is to provide world-wide PME.

"We're implementing the program for joint education, concentrating on warfighting, leadership and staff development," Hopkins said. "We never say no to anyone. We'll bend over backward to get the help that is needed."

"There is nothing bad about this program," he said. "It is nothing but positive."



## Club Iwakuni

**Don West, design and project coordinator for MCCS, points out facets of the new club complex to the Club Complex Committee. The complex will house the Enlisted, Staff NCO and Officers' Clubs and the Eagles' Nest. It is scheduled to be completed in November. The committee received a full tour, traveling around the building as well as through each room inside.**

photo by Cpl. Ryan Bradburn

# ***Marines set to participate in '99 military world games***

by **MARINE CORPS NEWS**

**WASHINGTON, D.C.** — The eyes of sports-minded Marines will be on Zagreb, Croatia, in early August, when 48 Marine athletes, coaches, team captains, and support staff will participate in the 1999 Military World Games.

This second-ever world event for international military athletes will see over 8,000 military athletes from 100 nations of Africa, North and South America, Europe, and Asia compete in 24 sports over a 10-day period, Aug. 8-17. The 1999 Military World Games are organized by the Conseil Internationale du Sport Militaire, headquartered in Belgium.

Marines competing as part of Team USA have a firm foundation supporting their efforts — the Marine Corps Community Services Semper Fit Program. Semper Fit,

“The Ultimate Sports and Fitness Club,” is expressly designed to foster and promote fitness, wellness, and healthy lifestyles through education, health promotion, and the Marine Corps Sports Program. Every Marine competing at Zagreb began his or her Marine athletic career participating in the sports program, usually at the unit level.

Promising athletes in unit intramurals are encouraged to compete on Marine Corps varsity teams that represent their installations against other military installations, sanctioned civilian teams, or college teams. The next level of competition is regional, where exceptional athletes are chosen by the All-Marine coach or assistant coach to advance to All-Marine trials. Athletes selected for the All-Marine teams then compete against other service teams at armed forces championships. At the conclusion of

armed forces championship competition, a team is chosen to represent the Armed Forces in any following competitions.

When Marines are selected for higher competition and approved to advance by their chain of command, transportation and participation expenses are paid by Headquarters Marine Corps.

Marine athletes will be competing in 10 sports at the Military World Games. The 10 venues and participating Marines are: basketball, volleyball, soccer, boxing, wrestling, Judo, shooting, swimming, cycling and fencing.

The Marine Corps delegation began arriving in Aberdeen, Md., for final processing Aug. 3, and was honored with the rest of the U.S. delegation at an official send-off ceremony on Aug. 4 before departing for Croatia.

Semper Fit is dedicated to maintaining Marines as the nation's premier warfighters. For additional information about Semper Fit and Marine Corps Sports, Marines should contact the MCCS Athletic Director at 253-3239.



# Recon hopefuls take indoc challenge

by Cpl. Barry Melton  
Marine Corps Base Hawaii

**MARINE CORPS BASE HAWAII, KANEOHE BAY, Hawaii** — “We didn’t promise you a rose garden,” is often said when the going gets tough in the Marine Corps.

For 4th Force Reconnaissance servicemembers from Hawaii and Reno, Nev., who participated in the Reconnaissance Indoctrination Program the last two weeks, this saying could never be more true.

The Recon Indoctrination Program, known simply as “RIP” in laymen’s terms, is certainly not for the squeamish, said SSgt. William “Big” Burrows, the RIP coordinator and Recon Marine with 4th Force.

The program is a tool used to screen servicemembers who might want to attend the Basic Reconnaissance Course, an 11-week course in Coronado, Calif. It also gives a sneak peak at what BRC will offer.

“The instructors put together a good two-week package,” said Burrows. “It’s a challenging program and it allows the Recon Marines to see which of these Rippers have the desire to be in Recon.”

The Rippers participated in activities ranging from land patrolling exercises at Schofield Barracks, to surf passages in Zodiac boats at Pyramid Rock Beach. The program also included scout swimming, a tough physical training regiment, communications classes and a short written test.

During the time in RIP, the students get no liberty and work 16 hours-a-day.

Burrows summed it up by saying, “it’s nonstop,” and most of the servicemembers, whose motivation and morale was quite high throughout the course, said, “the instructors pushed us to the limits.”



photo by Cpl. Barry Melton

**Reconnaissance and “RIP” Marines carry a Zodiac boat down Pyramid Rock Beach at MCB Hawaii, Kaneohe Bay July 29.**

Burrows, who got into Recon by going through RIP himself, said that the program is important because it’s a good place to show the individual servicemembers his weak points, and it shows the commanders who is cut out for the job. That’s why going through a RIP is a must before considering BRC.

“It’s a waste of their time and effort to go someplace and quit halfway through,” Burrows said. “It’s not for everybody. If you’re in the middle of a course (BRC), it’s the wrong time to quit and say, “this isn’t for me.”

“We do a job that’s important,” he continued. “If we can’t find the caliber of people we need to support the Marine Corps, then they shouldn’t be out there.”

The RIP also isn’t just for Marines. For Petty Officer 2nd Class

Michael Cirivello, a reservist corpsman who served during his active duty stint with E Company, 2nd Battalion, 3rd Marine Regiment, this is a chance to take his time with the Marine Corps to the next level.

“I loved being with the Marine Corps,” said Cirivello. “Going with Recon gives corpsman an opportunity to do everything a Marine does within his profession. Usually with a battalion, you go with Marines, but you aren’t expected as much to perform on the same level. Where as with Recon, a corpsman is expected to do everything that Marine is doing and then some.”

Maybe life as a Recon Marine isn’t a rose garden. But, from the looks on the faces of those who completed the grueling RIP, it doesn’t matter. Their reward is knowing that the RIP couldn’t beat them down.

# Marines tackle climb on liberty

by LCpl. Jessica Simonson  
Torii Teller Staff

## CAMP FUJI, Japan

— Been there. Done that. Got the stick.

Seventy-seven Marines and Sailors participating in Exercise Cloud Warrior '99 can now make that claim after spending part of their liberty climbing Mount Fuji Aug. 2.

Instead of sleeping in, like some of their peers, the group gathered at 5:15 a.m. for an hour-long bus ride to Station 5, located about halfway up the mountain. There, servicemembers claimed their sticks, which were stamped along the way — each station offering a different stamp as a reward for making it that far. After last minute purchases made in the gift shop, they started out, on what turned out to be a long journey to the top of the mountain.

"I was hurting all the way up," said PFC Jeffrey Harris, MWSS-171 motor transportation operator. "I got a headache as we started getting near the top."

The mountain tricked many into believing their pilgrimage to the top was over long before it actually was. A station located about halfway between the starting point and the summit appeared to be the light at the end of the tunnel, as it wasn't possible to see the rest of the path. Many were in for a rude awakening when

they excitedly reached the station only to find out they had much ground left to cover.

"You get there, and you're thinking 'there's the top,'" Harris said. "Then you see all these other people still climbing. It was a bad feeling."

Despite lost hopes of a short climb, they plodded on.

"You had to keep going," said LCpl. Paul Miller, MWSS-171 motor transportation operator. "You had to make it to the top because we had to climb back down a different way."

At the peak, for most four hours after beginning,

climbers were greeted with a temperature of 47 degrees, a chilly welcome most weren't expecting.

"It was so cold," said LCpl. Angel Quinones. "I didn't even think about being on top. I was just too cold. There was an awesome view, though."

But what goes up must come down. And the trip down was arguably more difficult than the climb up. Few made it off the mountain without being covered in volcanic ash or scrapes and scratches. Most ran the entire time, about three hours. Those who weren't so fortunate got caught in a downpour leaving them soaked and covered in mud.

While the detachment's majority was living it up in Tokyo, these servicemembers suffered their way to the top of the highest mountain in Japan.

"You can go to any big city, anytime in your life," said Quinones. "But climbing a mountain is unusual. You've accomplished something, and it makes you feel proud."

For others, the idea of climbing wasn't as profound.

"I just had a wild, crazy idea to climb it," said Harris.

The journey is not easily forgotten as most were sore the following days. Though the majority said they wouldn't climb it again — ever, they agreed it was worth doing as they rushed out to buy a souvenir shirt.

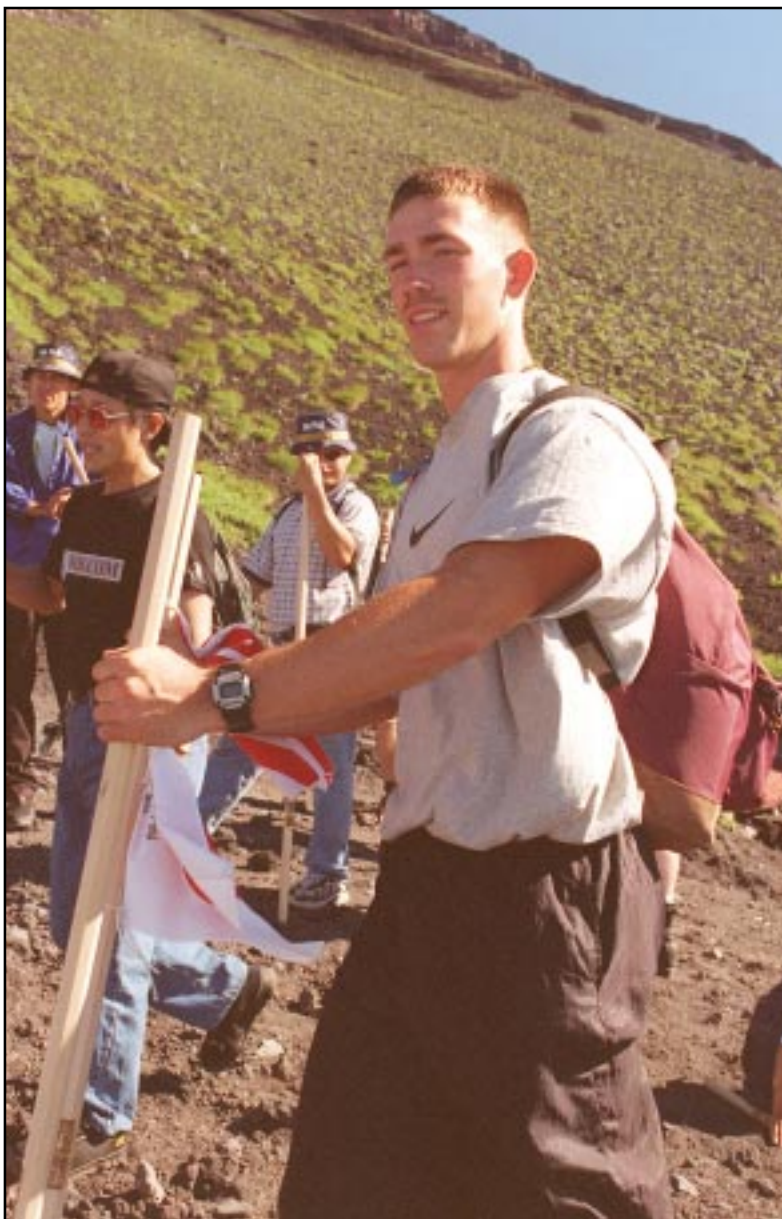


photo by LCpl. Jessica Simonson

**Several MWSS-171 Marines climbed Mt. Fuji during their recent liberty call from Exercise Cloud Warrior. The Marines who chose not to climb the mountain spent their liberty in Tokyo.**



# Instinct kicks in for firefighters

by Cpl. Ryan Bradburn  
Torii Teller Staff

Two members of the air station's Aircraft Rescue and Firefighting team had a chance to let their training take over July 25 during a casual backyard barbecue.

Staff Sergeants Ronald Soares, ARFF assistant section leader, and Tom Karambelas, ARFF material chief, hurdled a fence to help a neighbor extinguish flames from an over-zealous gas grill.

The two were sitting down to their own barbecue with friends when the eruption occurred.

"My backyard neighbor came out and lit up her grill," said Soares.

"She started her grill, but something was loose," said Karambelas.

The firefighters were ready to react.

"They both hopped over the fence," said Sandy Marocco, whose barbecue had turned into a bonfire. "I'm glad they were there to jump over so quickly."

Both Soares and Karambelas tried to turn off the source of gas, but found the flames to be too hot.



photo by Cpl. Ryan Bradburn

**SSgt. Ronald Soares, ARFF assistant section leader, gives a class on fire extinguishers for his section as SSgt. Tom Karambelas, ARFF material chief, looks on.**

When Soares's wife, Kim, appeared with a fire extinguisher, the flame was quickly doused.

"We both went for the handle to shut the fuel source off," said

Karambelas. "I burnt my hand and Staff Sergeant Soares actually got blisters."

After the fire was extinguished, the tank was removed from the grill and the danger was past. It was only then that Soares realized the full potential of the situation.

"After the whole thing was over, I realized it could have been really bad," he said.

"If the fire were to have continued, the tank may have exploded," said Karambelas.

Nonetheless, fear was not an option when the firefighters reacted to the problem.

"As we saw it unfolding, the first reaction was to get over there and see what was happening," said Soares. "It was like instinct."

The task wasn't the work of a couple of heroes, either. It was the culmination of preparedness and experience.

"The person to receive congratulations is Kim Soares," said Karambelas. "She has the safety awareness to keep two fire extinguishers in the kitchen. Without that, we would have ended up burning ourselves."

According to Marocco, the helpfulness was a tribute to the neighborliness of station residents.

"They're good people to have as neighbors," she said. "It's the way a neighbor should be."

Feature

## Field Chow

**Members of MWSS-171 serve chow to the troops while out in the field during Exercise Cloud Warrior. Cloud Warrior is an annual field exercise held at Camp Fuji, Japan. The field exercise enables servicemembers to get hands-on experience in Nuclear Biological and Chemical warfare, communication and weapons training, among other things.**



photo by LCpl. Jessica Simonson



# Troy State starts up new term with new representative

by Cpl. Ryan Bradburn  
Torii Teller Staff

The air station's branch of Troy State University is set to start registration for Term I Monday, just as their new representative takes the helm.

The university offers station residents with any bachelor's degree a chance to earn a Master of Science in management, concentrating in the management of human resources. The degree would be an asset to leaders, according to Frank Foster, station education counselor and test examiner.

"I can't think of any better compliment to help become a better leader," he said.

"If you're trying to earn that extra stripe, the program can really help," said Bob Bullion, out-going Troy State University program coordinator.

Servicemembers aren't the only beneficiaries, though.

"I also highly recommend the program for spouses," said Sylwia Pleak, Troy State University program coordinator.

The degree is also available for Japanese nationals, according to Bullion.

Two courses are offered in each of the six semesters throughout the year. The next term is scheduled to run from Sept. 2 to Oct. 22, with registration running from Monday until the first day of class.

"I really want to expand student enrollment," said Pleak. "I encourage the community to enroll in the graduate program."

Aboard the station, the university has had six recent graduates. Throughout the course of the program, about 30 general officers have graduated, as well as staff noncommissioned officers and noncommissioned officers.

"A good analogy is we educate corporals to generals," said Bullion.

For active duty servicemembers, the government will pay 75 percent of the tuition.

"The only thing you've got to have is a bachelor's degree from an accredited institution," said Bullion. "It doesn't matter what it's in."

As the new representative, Pleak is ready to help people hit the books.

"I'm extremely excited," she said. "It's always a great pleasure to help students enhance their education. I've always felt the Marine Corps gives excellent experience. Unfortunately, the corporate world asks for a degree to back up the experience."

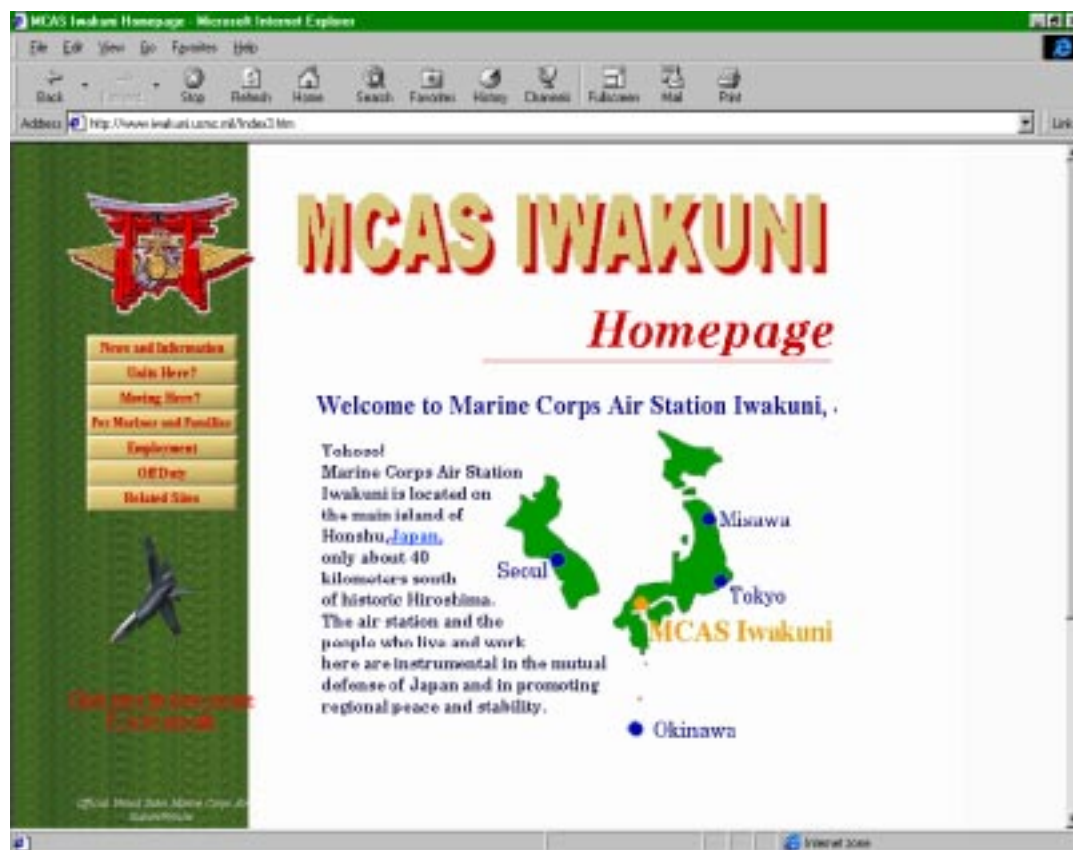
Getting that degree can be as easy as a trip across the air station for residents.

"Even though they are so far away from a campus, servicemembers here can continue their education."

## News

### Home Page

*The new MCAS Iwakuni web page now has information for everyone around the world. Browsers can see the Torii Teller Internet Edition, take a tour of a midrise apartment or townhouse in the housing section or see the TV schedules for all four AFN channels on the AFN page. To make a safe landing on this site, type the following address: [www.iwakuni.usmc.mil](http://www.iwakuni.usmc.mil).*



# 'Gairaigo' in the Japanese language

by Etsuko Morita

Atsugi Naval Air Facility Family Service Center

Many people who come to Japan say they are interested in learning Japanese, but don't because it sounds and looks very difficult.

Not only does the language sound different with grammatical sentence structure opposite from English, but the written language appears more like pictures. Yet, it is for these reasons Japanese is known to be a relatively easy language to learn.

For beginners, one easy part of Japanese is many Gairaigo, or words from foreign languages changed into Japanese.

Many words from European languages, such as French, German, Spanish and Italian, are often Japanized and used in daily conversation.

Small Japanese school children run around with large bulky backpacks. That backpack is called a randoseru and has been used as a school bag for grade school children for decades. The word randoseru originally came from the Dutch word ransel, which means satchel.

Meanwhile, many Japanese friends tell you they are busy because of arubaito, or a part time job. This word originally comes from a German word "arbeit," which in English means job.

There are so many gairaigo words in Japanese, there is a special Gairaigo Jiten, or dictionary, of the Japanized European words. For those learning Japanese, this would be a good investment.

A majority of gairaigo, however, was originally English. That is why so many Japanese people are not too hesi-

tant to learn English, since they are already familiar with many words.

This is helpful for westerners who want to converse with Japanese people. For example, at a hamburger shop, those who want an extra package of catsup simply say the word "catsup" very slowly to the clerk.

Whether the clerk speaks English or not, he or she will most likely understand since the Japanese word for catsup is kechappu.

There are hundred of these words – below is a list of a few "Japanized English words." Try to guess the English words for each of them, the answers will be at the end of this article. If unsure what they are, try to pronounce them. It should come much quicker that way.

***konpyutaa, chokoreeto aisukuriimu, amerikan futtobooru, chizzu baagaa, roodo airando***

For Japanese words, there are several key points to keep in mind.

First of all, add either "u" or "o" to words that end with "k," "b" or "s." If the word ends with a "d" or "t," then add "o" to the end. Secondly, for "ir," "ur," "er" and "ar," spell them out as "aa." This is simply because the Japanese language does not have the English pronunciation of the "r."

Still, there are several English words Japanese people won't recognize when put into Japanize form. For example, rooraa koosutaa is used to describe "roller coaster," but Japanese people will be confused. This is because the word in Japanese is jetto koosutaa, or in English, "jet coaster." Same thing for french fries, they are known as furaido poteto or "potato." Although these words are different, they still give a pretty good idea of how Japanize words work.

Learning the language opens up so many more possibilities for people here. Guddo rakku with your Japanese! Quiz answers: computer, chocolate ice cream, American football, cheeseburger, Rhode Island

## Come and Get It

***Three Japanese girls from the Tamagawa Orphanage prepare food for Marines and Sailors of the air station and other orphans during a recent picnic at Tamagawa Beach.***

***The overnight camping trip at the beach was coordinated by GySgt. Paul Major, MALS-12 logistics, and was open to all Marines and Sailors aboard the air station.***



photo by Sgt. T.E. LeMaster



photo by LCpl. Kurt Fredrickson

**Abe Roman does bar dips in preparation for the upcoming Strength and Endurance Challenge.**

## *Semper Fit challenges strength, endurance*

**by LCpl. Kurt N. Fredrickson  
Torii Teller Staff**

Iwakuni's first Strength and Endurance Challenge is scheduled for Sept. 25, 9 a.m. at the Main Gym.

The competition is being held to show people it's important to keep a balance between strength and endurance said Billie Scott, MCCS Semper Fit Fitness coordinator.

"People are going to want to try it out," said Scott.

The competition is made up of six events. Each competitor will have three minutes to do as many reps as possible in each event, said Scott.

The five upper body strennht includes the bench press, pull ups chin ups, dips and military press. With the exception of the military press, men will be required to lift 100 percent of their body weight, and women 50 percent. For the military press, men will lift 60 percent of their body weight and women 30 percent.

Following the upper body strength competitors will run a 5K.

The competition here developed by Scott is based on an international event called STREND that combines strength and endurance.

The scoring process will be similar to that of the STREND competition where the score will be calculated by dividing the total number of reps by the run time.

"This is a unique competition. It's not going to be a cake walk by any standards," said Abe Roman, noncommissioned officer-in-charge of Detachment B Marine Air Control Squadron here.

Roman plans on competing in the Strength and Endurance Challenge and said competitions like this excite and motivate him.

"I think people are tired of just road races. There are many athletes out there who do both weight training as well as aerobic exercises. There are few events which allow them to show their mettle," said Ed

Bugarin, founder of the STREND fitness challenge.

Scott said the person who is going to win the competition is someone who has a balance between strength and endurance.

"Having a balance is very important, especially as you get older," said Bugarin.

Competitors must be 18 or older. The cost to active duty personnel is \$8 and the cost to all other station personnel is \$10.

The registration deadline for the competition is Sept. 22. Those interested can sign up at the Main Gym or call 253-5051 for more information. The weigh in for the competition is Sept. 24.

Prizes will be awarded to the top three finishers in the men's and women's categories said Scott.

Contestants should check in and get the rules at 8:30 a.m. on the day of the competition.

Scott said she is expecting a lot of people to participate and to come.



# *Scuba Locker dives into new facility*

by LCpl. Kurt N. Fredrickson  
Torii Teller Staff

The Scuba Locker, which supplies the necessary gear for the Semper Fit Scuba Program and for instructional scuba diving classes, is moving to a new area.

The new Scuba Locker, in the rear of the Main Gym, is under construction, and is scheduled for completion by the end of August. According to Gordon Chambers, maintenance manager for MCCS.

The new facility will be home to 72 scuba tanks and 25 complete sets of dive gear, according to Dottie Himes, scuba program coordinator and instructor at the Scuba Locker.

The new 1,284 square foot Scuba Locker is roughly twice the size of its current one-room location, according to Don West, design and project coordinator for MCCS.

The new Scuba Locker will have a retail area, gear storage room, an office and dive gear maintenance rooms. There will also be a secure storage room for gear and a separate room for the filling of scuba tanks, said Himes.

"We hope to be able to offer a better program," Himes said.

Increased area and exterior access away from MCCS gear issue are some of the benefits said West.

"Divers will be able to load and unload gear much easier now that they can back directly up to the gear storage area," said Himes.

The new area will have air conditioning unlike the poorly-ventilated warehouse it's currently in, another positive point for the new locker.

"The equipment dry rots because of the humidity, so our equipment should last longer being in a climate-controlled area," said Himes.

Himes said the only people who will have access to the new, more secure area would be people who

work there.

There is also new equipment to go along with the new location. A compressor for filling dive tanks will be installed outside where noise and ventilation won't cause safety concerns. An awning will cover and protect the new machine from deteriorating effects of weather, according to Himes.

Scuba tanks will be filled in the Scuba Lockers new fill basin. The fill basin is a large stainless steel container, holding up to 16 tanks during refilling. The basin is a safety precaution to restrain projectiles in case one of the tanks should burst while they are being filled with compressed air.

"Safety is a really big issue for us here," said Himes.

Himes said that with the new facility they would be able to increase their business 10 fold. There is a steady flow of gear coming in and out already so the new Scuba Locker will make gear usage much easier.

"We have a lot more divers than we did before," said Himes.

There have been 60 new divers since May. The new facility will offer an area where divers can kick back and talk about the diving they have done, said Himes.

"It's our vision to become a more community-aware dive facility," said Himes.

The project of giving the Scuba Locker a permanent home began in 1996 when the gym was built. The Scuba Locker was moved from Northside, where it had been since 1987, to a temporary location in the loading dock by gear issue where it remained until now.

"It's been a long time coming," said Himes.

The Scuba Locker will now have an environment that better suits its needs and the needs of its divers.

## Sports Briefs

### Teen Tackle Football

Teen tackle football registration is ongoing at the Youth Center for students in grades 9-12. There is a fee. For details call 253-3070/5729.

### Cheerleading Camp

Registration is underway at the Youth Center for prospective cheerleaders. A tryout camp will be held Aug. 16-22, 5-7 p.m. in the Main Gym. Students in grades 9-12 may participate. Call 253-5729 for information.

### Shooters' Instruction

The Boar's Head Sporting Lodge will hold a shooters course for women Aug. 21. There is a fee. Call 253-3476 for details.

### Golf Tournament

Torii Pines Golf Course will hold a Modified Stableford Golf Tournament Aug. 22. The tournament is open to military identification card holders, JMSDF and civilian employees who sign up by Thursday, 9 a.m. Call 253-3402 for more information.

### Sprint Triathlon

Entries are due by Aug. 20 for the Sprint Triathlon. The 1,200 swim, 36K bike and 10K foot race will take place Sept. 5 at 9 a.m. at the JMSDF dock. Unit teams are free; there is a fee for all others. The triathlon is open to everyone. Call 253-5654/6359 for details.

### Softball Tourney

The 6th Annual Goodwill Modified Fast Pitch Softball Tournament takes place Aug. 29. SOFA Status, JMSDF, IHA, and MLC personnel age 16 and older may enter. There is a fee to enter. Call 253-4605 for information.

<b>Friday</b>			<b>Monday</b>			<b>Wednesday</b>			<b>Friday</b>		
9:00	Sesame Street	7:30	Day of Discovery	9:00	Sesame Street	5:00	Headline News	12:35	ESPNews	12:35	ESPNews
10:00	ShiningTime Station	8:00	Bear in the Big Blue House (TV-Y)	10:00	Teletubbies (TV-Y)	5:30	ESPNews	1:05	Movies 'til Dawn	1:05	Movies 'til Dawn
10:30	Kiana's Flex Appeal	8:30	Reading Rainbow	11:00	Co-Ed Training	6:00	Headline News	3:10	Movies 'til Dawn	3:10	Movies 'til Dawn
11:00	The Oprah Winfrey Show	9:00	Promised Land (TV-PG)	12:00	Nightly News	6:30	Headline News	5:00	Headline News	5:00	Headline News
12:00	Nightly News	10:00	Family Movie	12:30	Wheel of Fortune	6:00	Pacific Report	5:30	ESPNews	5:30	ESPNews
12:30	Wheel of Fortune		From the Mixed-up Files of Mrs. Basil E.	1:00	Port Charles (TV-14)	6:30	CNN/SI	6:00	Today Show	6:00	Today Show
1:00	Port Charles (TV-14)	12:00	Headline News	1:25	Guiding Light (TV-14)	7:00	Whose Line is it Anyway (TV-PG)	6:30	Headline News	6:30	Headline News
1:25	Guiding Light (TV-14)	12:30	Air Force TV News	2:15	General Hospital (TV-14)	7:30	Prime Time Movie	7:00	Friends (TV-PG)	7:00	Friends (TV-PG)
2:15	General Hospital (TV-14)	1:00	USGA Golf (ESPN)	3:05	Space Goofs (TV-G)	8:00	Scent of a Woman	7:30	Jesse (TV-PG)	7:30	Jesse (TV-PG)
3:05	Sylvester and Tweety Mysteries	3:00	NHRA Racing (ESPN)	3:30	SquiggleVision	8:35	Pacific Report	8:00	Frasier (TV-PG)	8:00	Frasier (TV-PG)
3:30	Jack Hanna's Animal Adventures	4:00	Xena: Warrior Princess (TV-PG)	4:00	Nick News	9:00	Headline News	8:35	Will and Grace (TV-14)	8:35	Will and Grace (TV-14)
4:00	Xena: Warrior Princess	5:00	Computer Chronicles	4:30	Scholastic Sports America	10:00	Headline News	9:00	NYPD Blue (TV-14)	9:00	NYPD Blue (TV-14)
5:00	Jeopardy!	5:30	Wall Street Journal Report	5:00	Jeopardy!	10:35	Pacific Report	10:00	Pacific Report	10:00	Pacific Report
5:30	Headline News	6:00	Headline News	5:30	Headline News	11:35	Late Showw/Leno	10:35	Tonight Showw/Leno	10:35	Tonight Showw/Leno
6:00	Pacific Report	6:30	ESPNews	6:00	Pacific Report		Late Showw/Letterman	11:35	Late Showw/Letterman		Late Showw/Letterman
6:33	CNN/SI	7:00	Kids Say the Darndest Things (TV-G)	6:33	CNN/SI						
7:00	The Simpsons (TV-PG)	7:30	Candid Camera (TV-G)	7:00	Whose Line is it Anyway (TV-PG)						
7:30	The Hughleys (TV-PG)	8:00	Primetime Movie	7:30	Prime Time Movie						
8:00	Star Trek: Voyager (TV-PG)		Babe (TV-G)	8:00	Scent of a Woman						
9:00	X-Files (TV-14)	10:00	Headline News	10:00	Pacific Report						
10:00	Pacific Report	10:30	Headline News	10:35	Tonight Showw/Leno						
10:35	Tonight Showw/Leno	11:30	Pensacola: Wings of Gold		Late Showw/Letterman						
11:35	Late Showw/Letterman		Austin City Limits								
<b>Saturday</b>			<b>Tuesday</b>			<b>Thursday</b>			<b>Sunday</b>		
0:35	ESPNews	12:30	Friday Night	0:35	ESPNews	0:35	ESPNews	12:30	Videolink	12:30	Videolink
1:05	Movies 'til Dawn	1:30	NASCAR Winston Cup (ESPN)	1:05	Movies 'til Dawn	1:05	Movies 'til Dawn	1:00	Movies 'til Dawn	1:00	Movies 'til Dawn
	The Birds (TV-PG)	4:30	CART: Miller Lite 200 (ESPN)		F/X (TV-PG)		F/X (TV-PG)		Casualties of War (TV-PG)		Casualties of War (TV-PG)
3:15	Movies 'til Dawn	6:30	ML Soccer (ABC)	3:05	Movies 'til Dawn	2:50	Movies 'til Dawn	2:50	Movies 'til Dawn	2:50	Movies 'til Dawn
	Yellowbeard (TV-PG)	8:30	Showbiz Today		Junior (TV-PG)		Junior (TV-PG)		Carlito's Way (TV-14)		Carlito's Way (TV-14)
	(TV-PG)	9:00	Sesame Street						Headline News		Headline News
5:00	Today Show	10:00	Big Bag						Hours of Power		Hours of Power
7:00	Sesame Street Specials	10:30	Kiana's Flex Appeal						Breakthrough		Breakthrough
7:30	Puzzle Place	11:00	The Oprah Winfrey Show						Reflections (TV-G)		Reflections (TV-G)
8:00	Disney's 101 Dalmations	12:00	Headline News								
8:30	Disney's Hercules	12:30	Wheel of Fortune								
9:00	Rugrats	1:00	Port Charles (TV-14)								
9:30	New Ghostwriter Mysteries	1:25	Guiding Light (TV-14)								
10:00	Discover Magazine	2:15	General Hospital (TV-14)								
11:00	HomeTime (TV-PG)	3:05	All Dogs Go to Heaven								
11:30	California's Gold	3:30	Superman								
12:00	Nightly News	4:00	Journey of Allen Strange								
12:30	Navy/Marine Corps News	4:30	Kenan and Kel								
1:00	NFL 2Night Pre-game (ESPN)	5:00	Jeopardy!								
1:45	NFL Pre-season (ESPN)	5:30	Headline News								
4:00	NFL 2Night Pre-Season	6:00	Pacific Report								
5:00	WWF Superstars (TV-14)	6:33	CNN/SI								
6:00	Headline News	7:00	60 Minutes								
6:30	ESPNews	8:00	Sports Night (TV-14)								
7:00	Beverly Hills 90210 (TV-14)	8:30	The King of Queens (TV-PG)								
8:00	Melrose Place (TV-14)	9:00	The Practice (TV-14)								
9:00	20/20 Friday	10:00	Pacific Report								
10:00	Headline News	10:35	Tonight Showw/Leno								
10:30	ESPNews	11:35	Late Showw/Letterman								
11:00	Saturday Night Live (TV-14)										

## Movies

### Sakura Theater

#### Mighty Joe Young (PG)

Rated PG for some menacing action, violence and mild language  
Aug. 13, 7 p.m.; Aug. 14, 4 p.m.; Aug. 15, 3 p.m.; Aug. 17, 7 p.m.

After being discovered in the African outback, a twenty foot ape and his young woman companion escape to Los Angeles where they become an instant sensation.

#### Notting Hill (PG-13)

Rated PG-13 for sexual content and brief strong language  
Aug. 13, 10 p.m.; Aug. 14, 7 p.m.; Aug. 16, 7 p.m.

Anna Scott is the world's most famous movie star. Her picture has been plastered on the cover of every magazine, and every time she makes a move, the entire world knows about it. William Thacker owns a travel bookstore. His business is stagnant, he has the roommate from hell, and since his divorce, his love life is completely non-existent. For both, something or someone seems to be missing. And when Anna and William's paths unexpectedly cross in the eclectic neighborhood of Notting Hill, romance is the last thing on their minds.

#### The Thirteenth Floor (R)

Rated R for violence and language  
Aug. 14, 10 p.m.; Aug. 15, 7 p.m.; Aug. 18, 7 p.m.

Computer scientist Hammon Fuller has discovered something extremely important. He's about to tell the discovery to his colleague, Douglas Hall, but knowing someone is after him, the old man leaves a letter in his computer generated parallel world that's just like the 30's with seemingly real people with real emotions. Fuller is murdered in our "real" world the same night, and his colleague is suspected. Douglas discovers a bloody shirt in his bathroom and he cannot recall what he was doing the night Fuller was murdered. He logs into the system in order to find the letter, but has to confront the unexpected.

**Doug's First Movie (G)** Rated G for family. Aug. 18, 2 p.m.

**Simply Irresistable (PG-13)** Rated PG-13 for brief sexual references. Aug. 19, 2 p.m.

\*Those are 8mm-format films, the video and audio quality will be slightly less than normal.

### Iwakuni's Theaters

#### Kokusai:

Aug. 14-15  
"Star Wars Episode I" - 9 a.m., 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., (Sat. only) 9:30 p.m.  
Aug. 16 - beginning of December  
"Star Wars Episode I" - 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., (Sat. only) 9 p.m.

#### New Central I:

Aug. 14 - end of August  
"Eyes Wide Shut" - 3:30 p.m., 6:25 p.m., (Sat. only) 9:20 p.m.

#### New Central II:

Aug. 14 - end of August  
No English Movies

#### New Central III:

Aug. 14 - end of August  
No English Movies



### **Alcoholics Anonymous**

Alcoholics Anonymous open meetings are held Tuesdays and Thursdays, 7 p.m. and Wednesdays, 11:30 a.m. Closed meetings are held each Sunday, 7 p.m. A "for women only" open meeting is held the last Saturday of each month at 10 a.m. All meetings are held in Bldg. 497, second floor. For more information call 43-4814.

### **Medical Clinic Health Promotions**

#### **Tobacco Cessation Courses**

Tobacco Cessation classes will be held today, Aug. 18 and 20. Courses are held in the clinic conference room, 10-11 a.m. Participants must attend all four sessions. For more information call 253-3266.

#### **Controlling Cholesterol Course**

A "Controlling Cholesterol Course" will be offered Aug. 27 in the clinic conference room. This class will help participants understand what cholesterol is, how to reduce it and the importance of good nutrition and regular exercise. For more information call 253-3266.

### **EDIS**

Educational and Developmental Intervention Services, a division of the Branch Medical Clinic, provides a variety of free services for children ages birth to 36 months. Professionals are available to screen and evaluate children's social, motor, communication, cognitive and self-help development and to provide any necessary treatment. For more information call EDIS at 253-4562.

### **American Red Cross**

The American Red Cross is offering Babysitting Training for youth ages 11 and older, Aug. 28-29, 9 a.m.-1 p.m. The course teaches skills in caring for and supervising children, First Aid, dealing with emergencies and good business practices through hands-on activities and discussion. The course fee includes a safety kit and handbook. Registration is required. For more information call 253-4525.

### **Vacation Bible School**

Faith Baptist Church will be holding Vacation Bible School Monday through Aug. 20, 9-11:30 a.m. The school is open for 2 year olds through children in the sixth grade. Transportation will be provided upon request. To sign up or for details call 253-2340.

### **Consignment Sales Shop**

#### **Open Hours**

The Consignment Sales Shop, located on the second floor of Crossroads Mall, is open Mondays, Tuesdays and Saturdays, 10 a.m.-2 p.m. and Wednesdays, 4-7:30 p.m. The shop is part of the Enlisted Spouses Club and

supports the community with donations and scholarships. Consignments and donations are accepted during operating hours or in the drop box after working hours. For more information call 253-4721.

### **Assistant Manager Needed**

The Consignment Sales Shop is looking for an assistant manager to work a minimum of 15 hours/week. Remaining hours will be volunteer hours. Childcare is not reimbursed. Position is open to all qualified applicants. Stop by the Consignment Sales Shop during operating hours for an application, or call Arlette Walls at 253-4721 during working hours or 253-2637 after working hours. All applications must be in by Sunday.

### **Japanese Entertainment**

Traditional Japanese Entertainment will be performed at the Iwakuni Civic Center Sept. 5, 1-6 p.m. Various Kagura, Kanmai (sacred music and dance for the gods) and Iwakuni Daiko (drum) will be performed. For ticket information call the Information and Referral Office at 253-6165.

### **U.S.A. Girl Scouts Iwakuni**

U.S.A. Girl Scouts are in need of energetic people who are interested in being Girl Scouts troop leaders. They need all age levels, Daisy, Brownie, Junior and Cadette/Senior. They also need a treasurer, secretary, register and special events liaison. They will train. Those interested should call Maria Marty at 253-2545. Leave a message.

### **Local Sealed Bid Sale**

Property located at DRMO Iwakuni will be on the Local Sealed Bid Sale Aug. 26 at the DRMO. Property offered for sale can and should be inspected during Aug. 23-25, 8:30 a.m.-4:15 p.m. Bids can be dropped off at DRMO Iwakuni, faxed to 253-4844 or mail to: DRMO Iwakuni, PSC 561 Box 611, FPO AP 96310-0017 by Aug. 26, 8 a.m. Contracts will be available Aug. 27. Individuals under the age of 18 are not permitted to enter the DRMO for safety reasons.

### **Navy-Marine Corps Relief Society**

The Navy-Marine Corps Relief Society provides interest-free loans or grants for Navy and Marine Corps members and their families to meet their immediate needs. Navy Relief also offers budget counseling, spouse tuition aid, and layette packages for newborns. They cannot pay for vacations, nonessentials and fines/legal expenses. For more information call 253-5311. Appointments requested, walk-ins welcome.

### **Marine Corps Community Services**

#### **Summer Reading Closing Ceremony**

The Station Library's Summer Reading Program concludes Wednesday. A closing ceremony will take place Aug. 20 at 3 p.m. in the Station Library, Bldg. 210. Call 253-3078 for more information.



## Summer Matinee Movies

The Sakura Theater shows matinee movies on Wednesday and Thursdays at 2 p.m. throughout the summer. The 8mm-format films are rated G on Wednesdays and PG-13 on Thursdays. The concession stand is open both days. Call 253-6184 for details.

## Country Block Party

Country artist R.B. Stone will present a concert at the MAC Dome on Northside Aug. 21, 7:30 p.m. through midnight. Doors open and beverages will be available at 7 a.m. The concert is free and open to all ranks.

## Self Esteem Class

The New Parent Support Program and Community Programs will conduct a lunchtime seminar Aug. 20, 11:45 a.m.-12:45 p.m. in Bldg. 210, Rm. 106. This class is free and is open to everyone. For information and to register call 253-6553.

## Parent Training

The third session of Daddy's Baby Boot Camp and Mom's Basic Training will be held Wednesday, 11:30 a.m.-1 p.m. in Bldg. 210, Rm. 120. This class is free and is open to both the military and civilian community. For further information and to register call 253-6553.

## DoD National School Lunch Program

MCCS's Personal Services Division is accepting applications for the Department of Defense National School Lunch Program for School Year 1999/2000. The application form is available at the Personal Services Division, Bldg. 210, Rm. 232. For details call 253-3070.

## DORS Electronic Resume

Defense Outplacement Referral System Electronic Resume, a free Department of Defense service, puts your resume in front of 20,000 and more stateside employers who are hiring transitioning military and DoD personnel, retirees, and their spouses. For more information call the Career Resource Management Center at 253-6439 or stop by Bldg. 210, Rm. 203.

## TBB Job Listing

Transition Bulletin Board Job Listing, a computerized, Department of Defense-funded program, is available free to all DoD personnel, retirees, and spouses, lists thousands of federal and civilian job openings worldwide, scheduled stateside job fairs, detailed information on starting your own business and more. Call the Career Resources Management Center at 253-6439 for details.

## Resume Tune-up Service

Enhance your opportunity to be hired by clearly and concisely describing your skills, experience and qualifications. Drop off, mail, or fax your resume to the Career Resource Management Center. They will look it over, offer suggestions and return it to you for free. Call 253-6439, fax 253-6363, or drop by Bldg. 210, Rm. 203.

## Big Brother/Big Sister

Dependable adults who are interested in volunteering one to two hours-a-week with a child should call Community Programs at 253-3737.

## Effective Communication Seminar

MCCS Community Programs offers a free class on

## Chapel's Weekly Services

### Sunday

7:30 a.m.	Catholic Mass (Chapel Annex)
8:15 a.m.	Liturgical Worship Service (Chapel Annex)
9 a.m.	Catholic Mass (M.C. Perry Elementary School Gym)
10 a.m.	Church of Christ Lay Leader Service (Chapel Annex, Rm. 103)
10:15 a.m.	C.C.D. (Chapel Annex)
	Gospel Sunday School (M.C. Perry Elementary School, Rm. 423B)
10:30 a.m.	Protestant Divine Worship Service (M.C. Perry Elementary School Gym)
12 p.m.	Gospel Divine Worship Service (M.C. Perry Elementary School Gym)
12:30 p.m.	Church of Jesus Christ, Latter Day Saints (Chapel Annex)
2:15 p.m.	Church of Jesus Christ, Latter Day Saints Sacrament (Chapel Annex)

Call 253-5218 for more information.

For information on Jewish Services call Mark Zeid at 082-231-4008 after 6 p.m. or call the station chapel.

effective communication Tuesday, 11:45 a.m.-12:45 p.m. in Bldg. 210, Rm. 106. Call 253-3737 for more information.

## Playgroup

Parents and their children ages birth to 6 years old are invited to participate in Playgroup, which will be held Tuesday, 9:30-11 a.m. in Bldg. 589's Community Room and is free. For more information call Community Programs at 253-3737.

## Education



## Troy State University

### Term I Registration

Troy State University will conduct Term I registration for its master of science in management degree program Monday through Aug. 27. Term I schedule includes MAN 6665 and MAN 6675. Courses are taught in the evenings or on weekends by on-site faculty. For more information call 253-6051 or stop by Bldg. 210, Rm. 126.

### Test Schedule

Tuesdays	- College Level Examination Program
	- DANTES Subject Standardized Test
Aug. 18	- ACT Examination
Aug. 19	- Scholastic Assessment Test
Aug. 25	- Defense Language Aptitude Battery
	- Defense Language Proficiency Test
	- Electronics Data Processing Test
Aug. 27	- Armed Forces Classification Test
For more information call 253-3855.	